

2023-24 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



ZOEY AHRENS • Senior
Bettendorf, Iowa • Bettendorf H.S.

200 Freestyle: 2:04.74 // Dual vs. Iowa Central, 10-7-2023
500 Freestyle: 5:21.04 // Dual vs. Augustana, 10-6-2023
1,000 Freestyle: 10:48.55 // Minnesota Tri-Dual, 10-27-2023



JENNA CURRIER • Sophomore
Denison, Iowa • Denison H.S.

50 Freestyle: :25.36 // Dual vs. Iowa State, 10-28-2023
100 Freestyle: :54.93 // Dual vs. Iowa Central, 10-7-2023
200 Freestyle: 2:00.21 // Dual vs. Augustana, 10-6-2023
100 Butterfly: :59.24 // Minnesota Tri-Dual, 10-27-2023
200 Butterfly: 2:16.88 // Minnesota Tri-Dual, 10-27-2023



EMMA BACHELDER • Senior
Decorah, Iowa • Decorah H.S.

50 Freestyle: :25.09 // Dual at Nebraska, 10-20-2023
100 Freestyle: :54.25 // Dual vs. Iowa State, 10-28-2023
200 Freestyle: 2:00.20 // Dual vs. Iowa Central, 10-7-2023
100 Breaststroke: 1:08.53 // Minnesota Tri-Dual, 10-27-2023



KAYLIN DE ALMEIDA • Junior
**Johannesburg, South Africa • Northcliff H.S. •
Indian River State College (Fla.)**

100 Backstroke: 1:00.65 // Dual at Iowa State, 10-28-2023
200 Backstroke: 2:11.58 // Dual at Iowa State, 10-28-2023
200 Ind. Medley: 2:15.00 // Minnesota Tri-Dual, 10-27-2023



MARISSA BRANHAM • Sophomore
Williston, North Dakota • Williston H.S.

100 Breaststroke: 1:08.07 // Dual at Nebraska, 10-20-2023
200 Breaststroke: 2:26.35 // Dual at Nebraska, 10-20-2023
100 Butterfly: 1:04.06 // Dual vs. Iowa Central, 10-7-2023
200 Butterfly: 2:18.30 // Minnesota Tri-Dual, 10-27-2023
200 Ind. Medley: 2:14.08 // Dual vs. Iowa State, 10-28-2023



AUBREY DOUDS • Sophomore
Des Moines, Iowa • Lincoln H.S.

50 Freestyle: :25.15 // Minnesota Tri-Dual, 10-27-2023
100 Freestyle: :54.67 // Minnesota Tri-Dual, 10-27-2023
100 Butterfly: 1:02.62 // Dual at Nebraska, 10-20-2023



NATALIE CANNELL • Senior
Olathe, Kansas • Christ Preparatory Academy

100 Freestyle: :59.77 // Dual vs. Augustana, 10-6-2023
500 Freestyle: 5:31.03 // Minnesota Tri-Dual, 10-27-2023
1,000 Freestyle: 11:22.69 // Minnesota Tri-Dual, 10-27-2023



SIANNE DOWNES • Senior
Edenvale, South Africa • Holy Rosary School

100 Backstroke: :57.07 // Minnesota Tri-Dual, 10-27-2023
200 Backstroke: 2:04.41 // Dual at Nebraska, 10-20-2023
100 Breaststroke: 1:10.10 // Dual vs. Iowa Central, 10-7-2023
200 Ind. Medley: 2:13.91 // Dual vs. Augustana, 10-6-2023



ANNA MEI CASTRO • Freshman
Barcelona, Spain • I.E.S. CAR

1-Meter Diving: 240.20 // Dual vs. Iowa State, 10-28-2023
3-Meter Diving: 261.20 // Dual vs. Iowa State, 10-28-2023



MIE DUE • Senior
**Rancho Palos Verdes, California •
Palos Verdes Peninsula H.S.**

No official swimming times yet this season



IZZY COX • Freshman
Lakeside, California • Granite Hills H.S.

200 Freestyle: 2:02.62 // Minnesota Tri-Dual, 10-27-2023
500 Freestyle: 5:44.22 // Dual vs. Iowa Central, 10-7-2023
100 Breaststroke: 1:13.28 // Dual vs. Iowa State, 10-28-2023
200 Breaststroke: 2:36.26 // Dual vs. Augustana, 10-6-2023
100 Butterfly: 1:02.17 // Minnesota Tri-Dual, 10-27-2023
200 Butterfly: 2:21.65 // Dual vs. Augustana, 10-6-2023
200 Ind. Medley: 2:17.91 // Dual vs. Iowa Central, 10-7-2023



LILY ESMAS • Freshman
Centennial, Colorado • Cherry Creek H.S.

100 Backstroke: :59.08 // Minnesota Tri-Dual, 10-27-2023
200 Backstroke: 2:10.26 // Dual vs. Iowa State, 10-28-2023

2023-24 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



ANNABELLE GIFFORD • Freshman
St. Paul, Minnesota • Highland Park H.S.

No official diving marks yet this season



KELSEY KOCON • Senior
St. Michael, Minnesota •
St. Michael-Albertville H.S.

200 Freestyle: 1:58.34 // Minnesota Tri-Dual, 10-27-2023
100 Backstroke: :58.61 // Dual at Nebraska, 10-20-2023
200 Backstroke: 2:06.69 // Minnesota Tri-Dual, 10-27-2023
200 Ind. Medley: 2:12.52 // Minnesota Tri-Dual, 10-27-2023



GABBY GNEWUCH • Senior
Verona, Wisconsin • Verona Area H.S.

100 Freestyle: :54.31 // Dual at Nebraska, 10-20-2023
200 Freestyle: 1:56.40 // Dual at Nebraska, 10-20-2023
500 Freestyle: 5:27.46 // Dual at Nebraska, 10-20-2023
1,000 Freestyle: 11:06.44 // Minnesota Tri-Dual, 10-27-2023



POPPY MEAD • Freshman
Derby, England • Alestree Woodlands

500 Freestyle: 5:27.73 // Minnesota Tri-Dual, 10-27-2023
1,000 Freestyle: 11:06.33 // Dual at Nebraska, 10-20-2023
100 Butterfly: 1:00.87 // Dual vs. Iowa Central, 1:00.87
200 Butterfly: 2:09.75 // Minnesota Tri-Dual, 10-27-2023



SOPHIE HAISE • Sophomore
Charlottesville, Virginia • Albemarle H.S.

50 Freestyle: :26.93 // Dual at Nebraska, 10-20-2023
100 Freestyle: 1:00.92 // Dual vs. Augustana, 10-6-2023
100 Butterfly: 1:09.40 // Dual vs. Iowa Central, 10-7-2023



MAVEN MOORE • Redshirt Freshman
Friendswood, Texas

100 Backstroke: 1:04.57 // Dual vs. Iowa Central, 10-7-2023
100 Breaststroke: 1:08.57 // Dual at Nebraska, 10-20-2023
200 Breaststroke: 2:27.53 // Minnesota Tri-Dual, 10-27-2023
200 Ind. Medley: 2:16.21 // Dual vs. Iowa State, 10-28-2023



ALEXIS HENNING • Sophomore
Ankeny, Iowa • Ankeny Centennial H.S.

No official swimming times yet this season



MORGAN NELSON • Junior
Pierre, South Dakota • T.F. Riggs H.S.

100 Breaststroke: 1:07.61 // Dual at Nebraska, 10-20-2023
200 Breaststroke: 2:32.28 // Dual at Nebraska, 10-20-2023
200 Ind. Medley: 2:25.17 // Dual vs. Iowa Central, 10-7-2023



GIGI HIOKI • Freshman
Liberty Lake, Washington •
Sacred Hearts Academy

50 Freestyle: :24.96 // Dual vs. Iowa State, 10-28-2023
100 Freestyle: :54.50 // Dual vs. Augustana, 10-6-2023
200 Freestyle: 1:55.32 // Minnesota Tri-Dual, 10-27-2023
500 Freestyle: 5:12.19 // Minnesota Tri-Dual, 10-27-2023
1,000 Freestyle: 10:54.10 // Dual vs. Iowa State, 10-28-2023



KATIE PATTEE • Junior
Farmington, Minnesota • Lakeville North H.S.

50 Freestyle: :25.32 // Minnesota Tri-Dual, 10-27-2023
100 Freestyle: :58.17 // Dual at Nebraska, 10-20-2023
100 Backstroke: 1:05.15 // Minnesota Tri-Dual, 10-27-2023



SARA JUEZ • Sophomore
Zaragoza, Spain •
Colegio Sagrada Familia Zaragoza

100 Freestyle: :55.84 // Dual vs. Iowa State, 10-28-2023
200 Freestyle: 2:00.77 // Minnesota Tri-Dual, 10-27-2023
500 Freestyle: 5:42.25 // Dual vs. Augustana, 10-6-2023
100 Butterfly: 1:00.32 // Minnesota Tri-Dual, 10-27-2023
200 Butterfly: 2:21.16 // Dual at Nebraska, 10-20-2023
200 Ind. Medley: 2:18.01 // Dual vs. Augustana, 10-6-2023



MIA PENDLETON • Sophomore
Oologan, Oklahoma • Oologan H.S.

No official swimming times yet this season

2023-24 WOMEN'S SWIMMING AND DIVING INDIVIDUAL SEASON BESTS



ANNEMARIE REHBEIN • Junior
Independence, Missouri • Blue Springs H.S.

100 Breaststroke: 1:06.61 // Minnesota Tri-Dual, 10-27-2023
200 Breaststroke: 2:28.67 // Dual at Nebraska, 10-20-2023
200 Ind. Medley: 2:22.46 // Dual vs. Iowa Central, 10-7-2023



KAYLEE TRINGALI • Senior
Sussex, Wisconsin •
Waukesha Academy of Health Professions

100 Butterfly: 1:00.36 // Minnesota Tri-Dual, 10-27-2023
200 Butterfly: 2:18.80 // Minnesota Tri-Dual, 10-27-2023
200 Ind. Medley: 2:19.79 // Dual vs. Iowa State, 10-28-2023



OLIVIA STIKELEATHER • Sophomore
Lee's Summit, Missouri • Lee's Summit H.S.

100 Breaststroke: 1:11.98 // Dual vs. Iowa State, 10-28-2023
200 Breaststroke: 2:37.40 // Dual at Nebraska, 10-20-2023
200 Ind. Medley: 2:25.31 // Dual vs. Iowa Central, 10-7-2023



MARY THOMPSON • Freshman
Lincoln, Neb. • Pius X H.S.

1-Meter Diving: 169.88 // Dual vs. Augustana, 10-6-2023
3-Meter Diving: 184.43 // Dual vs. Augustana, 10-6-2023



OLIVIA TAGART • Sophomore
Thornton, Colorado • Horizon H.S.

50 Freestyle: :25:59 // Dual vs. Augustana, 10-6-2023
100 Freestyle: :57.24 // Dual vs. Augustana, 10-6-2023



EMMA WALZ • Senior
Fremont, Nebraska • Bergan Catholic H.S.

50 Freestyle: :24.65 // Minnesota Tri-Dual, 10-27-2023
200 Freestyle: 1:58.11 // Dual vs. Iowa State, 10-28-2023
100 Backstroke: :58.54 // Dual at Nebraska, 10-20-2023
200 Backstroke: 2:06.81 // Minnesota Tri-Dual, 10-27-2023

2023-24 WOMEN'S SWIMMING AND DIVING TEAM SEASON BESTS

INDIVIDUAL

50 Freestyle	Emma Walz	:24.65	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
100 Freestyle	Emma Bachelder	:54.25	Dual vs. Iowa State, 10-28-2023
200 Freestyle	Gigi Hioki	1:55.32	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
500 Freestyle	Gigi Hioki	5:12.19	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
1,000 Freestyle	Zoey Ahrens	10:48.55	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
1,650 Freestyle	N/A		
50 Backstroke	N/A		
100 Backstroke	Sianne Downes	:57.07	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
200 Backstroke	Sianne Downes	2:04.41	Dual at Nebraska, 10-20-2023
50 Breaststroke	N/A		
100 Breaststroke	Annemarie Rehbein	1:06.61	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
200 Breaststroke	Marissa Branham	2:26.35	Dual at Nebraska, 10-20-2023
50 Butterfly	N/A		
100 Butterfly	Jenna Currier	:59.24	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
200 Butterfly	Poppy Mead	2:09.75	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
100 Individual Medley	N/A		
200 Individual Medley	Kelsey Kocon	2:12.52	Tri-Dual at Minnesota/vs. St. Thomas, 10-27-2023
400 Individual Medley	N/A		
1-Meter Diving	Anna Mei Castro	240.20	Dual vs. Iowa State, 10-28-2023
3-Meter Diving	Anna Mei Castro	261.20	Dual vs. Iowa State, 10-28-2023

RELAYS

200 Freestyle Relay	Walz, Currier, Bachelder, Hioki	1:37.57	Dual at Nebraska, 10-20-2023
400 Freestyle Relay	Hioki, Gnewuch, Kocon, Walz	3:35.00	Dual vs. Augustana, 10-6-2023
800 Freestyle Relay	N/A		
200 Medley Relay	Downes, Bachelder, Currier, Walz	1:47.22	Dual vs. Augustana, 10-6-2023
400 Medley Relay	Downes, Branham, Currier, Hioki	3:59.65	Dual vs. Iowa Central, 10-7-2023